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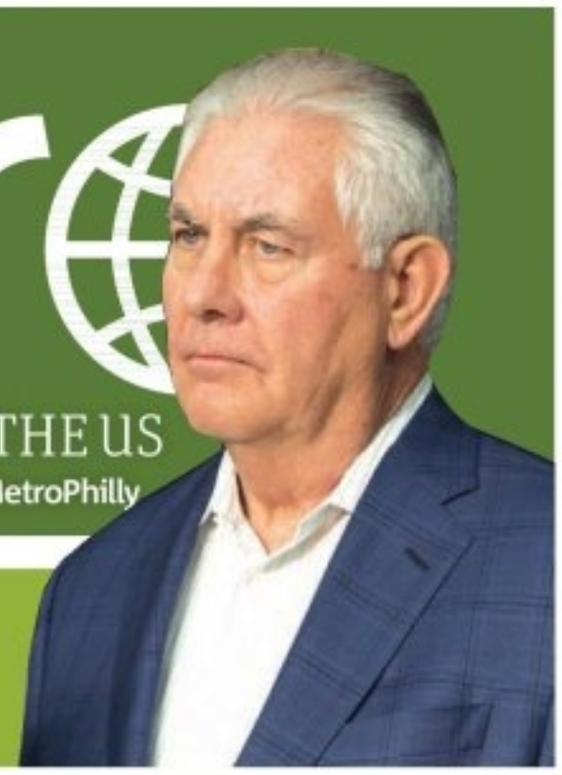

REXIT

Rex Tillerson out as secretary of state. 8

EVAN MACY

What's a day in the life of a Temple football athlete like? 18-19

You might be surprised that these Hollywood party types don't drink. 12-13

WALKOUT WEDNESDAY

Students across the nation will walk out of their classrooms today to honor the 17 people killed in the Parkland school shooting one month ago. 6

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NIKKI M. MASCALI, REPORTER

"Be the change you wish to see in the world" may be a misquote, but I kept thinking of the phrase while working on today's cover story. That the students involved in the national walkouts to demand gun control know, at their age, about gun lobbies, the NRA's influence and the ever-present threat of a school shooting saddens me, but it also gives me hope for the wave of change that will come from this and other protests because they, unlike the generations before them, will not stand for change not happening. Read more on page 6 and check out **metro.us** for further coverage.

NEW CIA PICK DOGGED BY ROLE IN SECRET PRISON

Gina Haspel, the veteran CIA undercover officer President Donald Trump picked on Tuesday to head the agency, is supported by many in the intelligence community but has faced criticism for overseeing a secret CIA prison in Thailand where detainees were tortured. Intelligence officers who served with her and congressional officials said that in 2002, during Republican President George W. Bush's administration, she was responsible for the secret prison codenamed "Cat's Eye." Two suspected members of the al Qaeda militant group were subjected to waterboarding and other harsh interrogation techniques at the facility. Three years later, she allegedly carried out an order to destroy videotapes of the waterboarding, which simulates drowning and is considered a form of torture.

For more on Trump's recent Cabinet shake-up, see page 8.

TRUMP SAYS RUSSIA MUST ANSWER FOR UK ATTACK

2 President Donald Trump agreed with British Prime Minister Theresa May that Russia must provide "unambiguous answers" about how a Russian-developed chemical agent came to be used against a Russian double agent in Britain, the White House said on Tuesday. "President Trump agreed with Prime Minister May that the government of the Russian Federation must provide unambiguous answers regarding how this chemical weapon, developed in Russia, came to be used in the United Kingdom," the White House said in a brief statement on the call. A Russian chemist who helped develop the Soviet-era nerve agent used to poison the former Russian double agent said only the Russian government could have carried out the attack. Vil Mirzayanov, 83, said he had no doubt that Russian President Vladimir Putin was responsible.

5 THINGS YOU NEED TO KNOW

SHOES PLACED AT CAPITOL SYMBOLIZE GUN VIOLENCE AGAINST CHILDREN

3 Seven thousand pairs of shoes, representing the children killed by gun violence since the mass shooting at Sandy Hook Elementary School in 2012, are spread out on the lawn on the east side of the U.S. Capitol on March 13, 2018, in Washington, D.C. Organized by the online activist group Avaaz, the shoes are intended to urge Congress to pass gun-reform legislation.

GETTY IMAGES

PORN STAR'S 'HUSH MONEY' OFFER IGNORED

4 A lawyer for President Donald Trump ignored a suggested Tuesday deadline on an adult-film star's offer to return $130,000 in hush money so that she can speak freely about an alleged affair with Trump, her attorney said. In a letter to Trump lawyer Michael Cohen on Monday, actress Stephanie Clifford, who uses the stage name Stormy Daniels, offered to return $130,000 so she could be released from a non-disclosure agreement she signed in October 2016. Clifford's attorney, Michael Avenatti, said Cohen had not responded to the offer by Clifford's proposed deadline of noon on Tuesday. "The president and Mr. Cohen have purposely ignored our settlement offer, thus doubling down on their efforts to muzzle Ms. Clifford and prevent her from telling the American people what happened," Avenatti tweeted. "Time to buckle up."

MEXICAN RESIDENTS RIDICULE TRUMP, WALL

5 Mexican residents of a poor Tijuana slum in the shadow of eight prototypes of President Donald Trump's planned border wall called the project a waste of money and laughed at the idea the monolithic slabs will stop desperate immigrants. Several locals called Trump "loco" for thinking that spending billions of dollars on barriers would stop people determined to escape poverty and violence. Trump made his first visit to California as president on Tuesday. His stop in San Diego to visit the prototypes was greeted by demonstrators on both sides of the border. In the scrappy Rancho Escondido neighborhood on the Mexican side, protesters shouted over the line, "We won't pay for your wall," in reference to Trump's insistence that the structure should be financed by Mexico. Trump has sought $18 billion to build the wall over the next two years.

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IN 2004, WHILE ON THE BOARD OF TRUSTEES, BILL COSBY DRUGGED & SEXUALLY ASSAULTED A TEMPLE FACULTY MEMBER.
IN 2005, PATRICK O'CONNOR (ALSO ON THE BOARD) CHOSE TO REPRESENT COSBY IN THE CASE.
IN 2014, COMMITTEE FOUND TEMPLE NEEDS COUNSELING CENTRALIZED OFFICE FOR SEXUAL ASSAULT SURVIVORS.
IN 2017 SPENT 3.5 MILLION DOLLARS ON "O'CONNOR PLAZA" #O'CONNOR STEP DOWN
Students walk past FMLA members as they protest against Patrick O'Connor during a Board of Trustees meeting outside Sullivan Hall. KAIT MOORE

Temple Univ protesters want trustee out over Cosby ties

Demands for more sexual assault resources and firing of board trustee made during rally.

SAM NEWHOUSE
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A group of feminist Temple students snuck into Temple's Board of Trustees meeting on Tuesday to disrupt the meeting with demands that the school open a 24-hour rape crisis center and remove board chair Patrick O'Connor.

While the three members of Temple's Feminist Majority Leadership Alliance (FMLA) who disrupted the meeting were escorted out, FMLA President Martha Sherman, who participated in the disruption, said she felt that the trustees heard their message.

The FMLA says O'Connor, an attorney and vice chairman of the law firm Cozen O'Connor, should step down from the board for representing former Temple trustee Bill Cosby in 2005 while he was first facing allegations of sexual assault from former Temple employee Andrea Constand. They also want his name removed from O'Connor Plaza.

"Having someone who believes what Bill Cosby did wasn't wrong on the Board of Trustees means that we're not getting resources for sexual assault survivors."

FMLA President Martha Sherman

"Having someone who believes what Bill Cosby did wasn't wrong on the Board of Trustees means that we're not getting resources for sexual assault survivors," said Sherman, 22, a senior at Temple majoring in public health and political science. "It shows Temple students and faculty that if they stand up and say they've been sexually assaulted, that they're not going to be supported by the university."

FMLA is also demanding a "24/7 sexual assault crisis center," which they said was recommended by Temple's Presidential Committee on Campus Sexual Misconduct.

"The university has not ignored FMLA's request," a university spokesman said via email. "Temple has not established a centralized sexual assault crisis center because research, consultation with experts such as Women Organized Against Rape [WOAR] and feedback from student survivors of sexual assault confirm that it is not consistent with best practice. Rather, in February 2017, Temple and [WOAR] established a Main Campus satellite office, a first-of-its-kind collaboration. This safe, confidential reporting option provides 24/7 support and response. Upon calling the hotline … a Temple student who wants to confidentially report an incident of sexual violence can receive on-campus support and counseling from a trained WOAR volunteer."

But Sherman said FMLA has conducted an anonymous survey among students and received reports that students reporting incidents have encountered barriers to services that a centralized entity could address.

"If someone wants to talk to police and also get counseling and also pursue a student conduct hearing, you have to go to one office and then another and then find out they're not able to talk to a mental health counselor for weeks — that can be seriously re-traumatizing," she said. "A place where they could access all of these things would make that situation much more streamlined for people who've just experienced a serious traumatic assault."

After a new wave of some 50 female accusers came forward, Cosby stepped down from his position as Temple trustee in 2014 and was charged in the Constand case later that year.

"It was several years ago. He no longer represents Mr. Cosby," said Kevin Feeley, a spokesman for O'Connor. "In respect to that legal representation, the university reviewed the matter with an eye toward whether there would be a conflict. … The university concluded that it would be appropriate for Mr. O'Connor to take on that matter and he did."

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Why Philly students are walking out

Philly Students Union pushes back on calls for armed police in schools.

SAM NEWHOUSE
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The recent school shooting in Parkland, Florida, has sparked a firestorm of debate over gun regulations. On Wednesday, thousands of students at dozens of schools in the Philadelphia area are expected to walk out of schools for 17 minutes in honor of the 17 victims killed at Marjory Stoneman Douglas High School.

But members of the Philadelphia Students Union (PSU) are pushing back against leaders like President Donald Trump and legislators like Florida Gov. Rick Scott who have increasingly brought up the idea of arming school staff to protect them from apparently inevitable mass shootings.

"Increasing guns in places like schools that are supposed to be safe, nurturing environments for our children is a contradiction," said Saudia Durrant, 25, a PSU organizer. "Thinking about black and brown youth and cultural distinctions, if a teacher were to feel threatened by something miscommunicated or misunderstood, who's to say that teacher wouldn't then shoot that student and say, 'I felt threatened in that moment?'"

The PSU will be joined by members of Black Lives Matter Philly, Juntos and elected officials for a "Student Vision on School Safety March," starting Wednesday at 11:30 a.m. outside the School District and going to City Hall.

Members of these groups collaboratively created a list of demands, including diverting budgets for school police officers to mental health resources; increasing guidance counselors and social workers, expanding restorative justice practices, protecting immigrant youth from enforcement actions by ICE around schools, and gun control that will not lead to racially discriminatory police actions.

"Increasing guns in places like schools that are supposed to be safe, nurturing environments for our children is a contradiction."

Saudia Durrant, a PSU organizer

"The national conversation is that students feel safer with armed teachers, but that's for external threats. What about internal problems?" Durrant asked. "Whenever there's been a question to the SRC [soon-to-end School Reform Commission] or School District: 'Why is it that we don't have more guidance counselors or lunchroom monitors or classroom aides?' the response is, 'Budget cuts, we have to make cuts.' … But there's always enough money for school police officers. So it's a contradiction, where money and resources are being put into people trained to deal with criminals and not people trained to deal with youth."

She added that PSU members support the Parkland student-activists' calls for new legislation "100 percent." But as students in a city where mass shootings are almost unheard of and gun violence is constant, they hope their voices will be heard, too.

"It doesn't make sense that young people directly impacted by decision makers aren't being asked, 'What do you think we can do to improve your school?'" she said. "They're being left out of the conversation."

Students and Philadelphia Students Union members, seen at a 2016 protest, will present their demands for school safety during a walk-out on Wednesday. CHARLES MOSTOLLER

Republicans scramble to salvage congressional seat in Pennsylvania

Conor Lamb's campaign could be a model for other Democrats. GETTY IMAGES

Republicans were scrambling to avoid a political embarrassment in a conservative district of Pennsylvania, where a pro-gun, pro-union Democrat could be about to win a congressional election in one of President Donald Trump's white, working-class strongholds.

Democrat Conor Lamb, a 33-year-old Marine veteran and former federal prosecutor, was in a dead heat with Republican state Rep. Rick Saccone in Tuesday's special election for an open seat in the U.S. House of Representatives that Republicans have held since 2003.

The race was seen as a referendum on Trump and a harbinger for November's congressional elections, according to pollsters and party insiders who say the moderate Democrat could emerge as a model for Democratic candidates in House districts that Trump carried in 2016.

"The Democrats have nominated the ideal candidate, because he fits the profile of the electorate. If they'd nominated a liberal who allowed the campaign to become nationalized, it would be over by now," said G. Terry Madonna, director of the Franklin and Marshall College Poll in Lancaster, Pennsylvania. "If he wins, or even if he just comes close, he is a model for Democrats in competitive Trump districts nationally."

Trump won the district by nearly 20 points in 2016 and has endorsed Saccone.

"The Economy is raging, at an all time high, and is set to get even better. Jobs and wages up. Vote for Rick Saccone and keep it going!" the president tweeted on Tuesday.

Still, Lamb fought to make the contest a local referendum and said he was focused on issues in his district.

"This is a local race," Lamb told reporters after voting at a church in his hometown of Mt. Lebanon shortly after sunrise on Tuesday. "I don't think it has anything to do with the president." REUTERS

Visit MetroPhilly.us for the latest about this special election.

Over time, many lawmakers grew to appreciate Tillerson as a relatively steady hand in the chaotic Trump administration. GETTY IMAGES

Trump fires top diplomat Tillerson, taps CIA's Pompeo

Tillerson's departure had been rumored for several months, and Trump said he and Tillerson had discussed the move.

President Donald Trump fired Secretary of State Rex Tillerson on Tuesday after a series of public rifts over policy on North Korea, Russia and Iran, replacing his chief diplomat with loyalist CIA Director Mike Pompeo.

The biggest shakeup of Trump's Cabinet since he took office was announced by the president on Twitter as his administration works toward a meeting with the leader of North Korea.

Tillerson's dismissal capped months of friction between the Republican president and the 65-year-old former Exxon Mobil Corp chief executive. The tensions peaked last fall amid reports Tillerson had called Trump a "moron" and considered resigning.

Some foreign policy experts expressed dismay at the decision to swap out top diplomats so soon before the unprecedented meeting and worried that Pompeo would encourage Trump to scrap the Iran nuclear deal and be hawkish on North Korea.

Critics said the move would sow more instability in the volatile Trump administration and marks the departure of another moderate who sought to emphasize the United States' strong ties to its allies amid Trump's criticism. Last week, top economic adviser Gary Cohn quit after Trump announced trade tariffs that would affect U.S. allies.

Trump chose the CIA's deputy director, Gina Haspel, to replace Pompeo at the CIA. A veteran CIA clandestine officer, Haspel is backed by many in the U.S. intelligence community but is regarded warily by some in Congress for her involvement in the agency's "black site" detention facilities.

Trump announced the changes in a morning Twitter post and later told reporters more about why he removed Tillerson.

"We got along actually quite well but we disagreed on things," Trump said.

Later at the State Department, Tillerson told reporters that Trump called him around noon from Air Force One and that he had also spoken with White House chief of staff John Kelly.

"What is most important is to ensure an orderly and smooth transition during a time that the country continues to face significant policy and national security challenges," Tillerson told reporters in the briefing room.

"We got along actually quite well but we disagreed on things."

Trump, on his relationship with Tillerson

He said his tenure ends on March 31 but he was delegating his responsibilities to John Sullivan, deputy secretary of state, at the end of Tuesday.

Trump said he and Pompeo have "a similar thought process."

Pompeo, a former Army officer who represented a Kansas district in the House before taking the CIA job, is seen as a Trump loyalist.

White House officials said Trump wanted his new team in place before any summit with Kim Jong Un, who invited the U.S. president to meet by May after months of escalating tensions over North Korea's nuclear and missile programs. REUTERS

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Everything you need to know about the first potential Muslim woman in Congress

Saad, a "proud progressive," announced her candidacy in July 2017. ANDREW JAMESON / CREATIVE COMMONS

"In Arabic, my name means 'precious stone.' In English, it means 17 different spellings on my Starbucks cup." This is how the campaign video for 34-year-old Congress hopeful Fayrouz Saad begins.

Saad, a "proud progressive," announced her candidacy in July 2017, and if she's elected into the seat for Michigan's 11th District — now filled by Republican Dave Trott — she'll be making history as the first Muslim congresswoman.

Fayrouz Saad is a daughter of immigrants

"I say quite simply that I am the product of the American Dream," Saad told Amna Nawaz on ABC's "Uncomfortable" series.

Her parents came to the U.S. from Lebanon over 40 years ago and started a small meat wholesale business in Detroit's Eastern Market. "I watched them be successful. I watched them integrate into America," Saad said.

Saad worked in the Obama administration

Saad graduated from the University of Michigan and started her political career as a field organizer for John Kerry's presidential campaign where she also conducted Arab-American outreach (she did the same for Hillary Clinton's campaign, too). She worked in local politics until she was appointed by President Obama to serve in the Department of Homeland Security.

Saad later received her masters from Harvard's John F. Kennedy School of Government and went to Michigan to become Director of Detroit's Office of Immigrant Affairs.

Fayrouz Saad wants you to ask her questions about her identity

"I can help inform things in a way that others won't be able to," Saad said, pointing to her experience as a woman, minority and Muslim.

"We need to send more people to Washington who bring diverse opinions, who come from diverse backgrounds," Saad continued, "because if we're going to have a representative democracy and a representative government ... those elected leaders should also look, act and sound like us."

To anyone who has their doubts about a Muslim representing them in Congress, Saad says, "Let me tell you about myself. Let me tell you my story. Let me tell you why we're alike and not different."

Saad has progressive values but is all about communication

Saad believes her district, northwest of Detroit, "needs" her progressive values. Among other objectives, she wants to protect Dreamers and fight for equal pay, affordable childcare and "fair" parental leave policies.

Saad says she's willing to talk about "everything from universal healthcare to protecting our environment" to other issues like "how to promote our small businesses," which is rooted in her own family history.

The Democratic candidate has a message for her district: "We align on a lot of common values, and we need to talk about them. And I want to understand more about what you all believe in and what you need to see [in] an elected leader."

Fayrouz Saad is running because of Trump

"My parents came here simply in search of the American Dream," Saad told Refinery29. "I always thought that I would eventually run for office, but Donald Trump certainly sped up my timeline because for the first time in my entire life I see that American Dream threatened."

When asked by ABC's Amna Nawaz what it's like being an Arab under the Trump administration, Saad said, "It's hard, but it is also what pushes me every single day. It's a constant reminder of why I have to do what I'm doing because I need to fight back." SAM BRODSKY

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Survey data suggests that a snowflake is in the eye of whoever it's stinging. GETTY IMAGES

New data: The 'millennial snowflake' is just a myth

The stereotype melts in the face of studies that show overwhelming support for free speech on campus — and that older people are sensitive about their own stuff.

MICHAEL MARTIN
letters@metro.us

The popular conception of the millennial snowflake — a person under 35 who's too sensitive and easily offended to function in the real world — is not supported by data from a long-running survey about social attitudes, which shows that millennials are actually more tolerant of potentially offensive speech, compared to older generations.

The nonpartisan research center at the University of Chicago has conducted the General Social Survey since 1972. Part of the poll involves asking questions about the extent to which free speech should be allowed. Some of the questions and findings:

• Should a militarist book that advocates overthrowing the government and letting the military run the country be removed from the public library? In the 2016 poll (the most recent available), 16 percent of 18- to 34-year-olds said it should be, compared to 29 percent of those aged 50 to 64 and 34 percent of those over 65.

• Tweaking the question to a book advocating communism, the results were nearly the same, with 18 percent of 18- to 34-year-olds saying remove it from the library, versus 28 percent of those aged 50 to 64 and 34 percent of those over 65.

• When asked if an anti-American Muslim clergyman should be allowed to make a speech, 60 percent of those over 65 said no, compared to 55 percent of millennials. Even 35- to 49-year-olds were more sensitive, with 57 percent saying the speech shouldn't be allowed.

• Asked if a racist should be allowed to teach, millennials weren't far removed from their parents and grandparents, with 58 percent, 54 percent and 51 percent of those generations saying no, respectively.

"For us olds, there are few things more pleasurable in life than s—ing on the young," said Jeffrey Sachs, an academic with a Ph.D. from McGill University who surfaced the study on Twitter. "On issue after issue, young people aged 18 to 34 are the most tolerant of potentially offensive speech and trending upward, while older Americans are the least."

The survey also suggested that a snowflake is in the eye of whoever it's stinging — or who got to the meme first.

Vox pointed out that other studies showed support for free speech on campus is actually rising, and the "safe space" idea of millennial snowflakes is widely disfavored. A 2016 survey from the Knight Foundation/Newseum asked respondents if it was more important for colleges to "create a positive learning environment for all students by prohibiting some speech" considered offensive or biased against certain groups, or environments that are open to the expression of all viewpoints, including possibly offensive speech. A total of 78 percent said they should be open to all viewpoints, while 27 percent said they should be "positive learning environments," aka safe spaces.

Additionally, noted Sachs, a 2009 UCLA study showed that attending four years of college makes students less supportive of banning offensive speech, with 62 percent supporting it at the beginning of college and 56 percent supporting it at graduation.

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"Plogging" is the combination of the words "jogging" and "plocka up," Swedish for "pick up." GETTY IMAGES

Meet plogging, the perfect fitness trend for city dwellers

The term "plogging" may sound a little strange — like prancercise — but it's actually a fitness trend that'll get you in shape and help save the planet.

What is plogging, you ask?

Plogging is the combination of the words "jogging" and "plocka up," Swedish for "pick up." Basically, it means pick up litter while you're running outdoors, giving you the perfect trifecta: You're helping the environment while improving your physical and mental fitness at the same time.

It's probably no surprise that the trend began in Sweden, but a look at the #plogging hashtag on Instagram shows that it's quickly growing in popularity around the world, with posts from ploggers in Spain, India, Malaysia, Turkey, Portugal and more.

But it hasn't quite picked up steam in the U.S. yet, at least until now.

"Here's a workout that's good for you and the planet," blogger Rose McAvoy captioned on a recent Instagram post. "We found a bag lying on the ground then filled it with trash on the walk home from school. This was all in 2½ blocks!"

She goes on to highlight another huge benefit to plogging.

"A cluttered environment impacts our stress and anxiety levels. Taking a few extra minutes to tidy up [inside or out] can make the entire day calmer," she added. "Bump the burn by adding squats or lunges to your liter [sic] collecting."

She's right: Unlike jogging, plogging requires you to be nimble and stop at a moment's notice to pick up garbage, mimicking butt- and leg-building movements like squats and lunges.

"Similar to interval training, plogging combines a quick running step for short periods with focused lunges and squats," Swedish nutritionist Frida Harju-Westman told PureWow. "Interval training boosts endurance and burns more calories during and after a workout than normal running, improving fitness and fat burning for best results."

And doing good for others — or the environment — is linked to lower blood pressure and decreased mortality rates. Another study showed that older adults who volunteered experienced less memory loss and greater physical mobility.

"When we do things for ourselves, those experiences of positive emotions are more fleeting. They are dependent on external circumstances," Dr. Richard Davidson, a neuroscientist and founder of the Center for Healthy Minds at the University of Wisconsin, Madison, told The New York Times in 2017.

"When we engage in acts of generosity, those experiences of positive emotion may be more enduring and outlast the specific episode in which we are engaged."

By plogging, you're improving the health of your home while improving your health as well. And your legs and backside will reap the rewards, too. MEAGAN MORRIS

Sober celebrities? Yeah, there are a few!

These super famous folks avoid the good stuff — for a variety of reasons. METRO

It may be a way for them to keep their slamming bods. Or something they struggle with, after prior overindulgences. On this hungover hump day we thought we'd look to the red carpet for inspiration to keep clean (at least until spring).

ALL PHOTOS GETTY IMAGES

Kim Kardashian

Sure, Kardashian might shill booze on her Instagram, but in real life she stays well away from the hard stuff. "I do not drink alcohol at all," she told People. "My sisters drink, so when they get a little crazy, I am there to pull them down."

Eva Mendes

Ryan Gosling's better half reportedly entered rehab in 2008 — and has been sober ever since. "I'm proud of people who have the determination and the fearlessness to actually go and face their demons and get better," she told Interview. "This is a life-or-death situation."

Gillian Jacobs

The "Love" star once revealed on "Jimmy Kimmel Live" that she had never had a drink in her life — and she doesn't plan to, either. "Maybe I just have more edge on screen?" she quipped with The Guardian. "My friends find it funny. They're like: 'Why do they want you for that?'"

Brad Pitt

Remember when Angelina's ex waxed poetic about getting sober and discovering Frank Ocean? "I stopped everything except boozing when I started my family. But even this last year, you know — things I wasn't dealing with. I was boozing too much. It's just become a problem." Godspeed, Brad. A bachelor pad littered with empty bottles is not a good look for a single dad on Child Army Visitation Day.

Jennifer Hudson

In 2013, the "Dream Girl" told Chelsea Handler, "I've never had a drink in my life. I've never been interested."

Blake Lively

Lively has never been a drinker. Instead she prefers blissing out on her picturesque, Instagram-worthy lifestyle. "I don't drink. I've never tried a drug," she told Allure in 2012. "It's not like I decided on these strict lifestyle choices and I'm enforcing them. It's just something that I genuinely don't have a desire for."

Jennifer Lopez

The multi-hyphenate celeb told InStyle in 2003 that she stays away from drinking and smoking because "I think that ruins your skin." Fair enough! She looks great.

Sarah Silverman

When it comes to booze, Silverman's guts just can't take it. "I don't drink because it gives me a stomachache," the comedian explained at the 2014 Emmys. "I try all the time — it looks good and I feel like I would have fun being drunk, but I have a Jewish stomach."

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Pharrell Williams

Williams is a longtime teetotaler. In 2004, he told Paper Magazine, "Everybody else can do what they want, but that stuff isn't for me."

Jim Carrey

The funny dude takes substance abuse very seriously. "I rarely drink coffee," he told CBS News. "I'm very serious about 'no alcohol, no drugs.' Life is too beautiful."

Bradley Cooper

The "American Sniper" actor gave up drinking and drugs when he was 29. "I don't drink or do drugs at all anymore," he told the Hollywood Reporter in 2012. "Being sober helps a great deal."

Natalie Portman

The "Annihilation" star is all about that sober lifestyle. "I didn't really go to high school parties, and yeah, I didn't touch pot till I was in my 20s," she told Marie Claire. "I didn't get flat-out drunk until I went to college. But I think that's a good thing in many ways."

Kendrick Lamar

In 2013, the rapper told GQ that he doesn't drink or do drugs.

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High school dances just got good

Community Spotlight: This nonprofit brings pro steps to gym class, inspiring confidence one "step" at a time.

JENNIFER LOGUE
jennifer.logue@metro.us

In two years, the nonprofit has expanded to 10 Philadelphia high schools, serving over 1,000 students.

"Social dancing improves cognitive functioning and fosters the social and emotional learning needed for success in other areas of education and life," Fisher says.

Take the Lead Dance Project is a nonprofit that inspires high school students to take the lead in their own lives as well.

Founded in 2008 by Shana Heidorn and Leigh Byron, the organization was originally called Philadelphia Dance Foundation.

"Shana is a professional ballroom dancer and owner/director of The Society Hill Dance Academy. Leigh has a distinguished background in education as a former superintendent and principal of schools in New Jersey and New York," says Jackie Fisher, executive director of Take the Lead Dance Project. "When they first met to discuss how to combine their respective backgrounds into enriching the lives of children and youth, it led to the formation of Philadelphia Dance Foundation."

In 2016, Fisher took the role of executive director at the Philadelphia Dance Foundation and launched the Take the Lead Dance Project, which became so successful, the nonprofit changed its name.

"Our mission is to enrich the lives and education of high school students in Philadelphia through the practice of social dance," says Fisher. "A professionally trained teaching artist partners with a classroom teacher in school for a 10-week course that meets twice a week for a total of 20 classes. Students learn partner dances such as merengue, foxtrot, bachata, salsa, swing, and tango. Line dances such as the cha-cha slide and the cupid shuffle are also taught."

When the program began in Philadelphia, only two high schools participated. Flash forward to this year, and Take the Lead Dance Project is partnered with 10 Philadelphia high schools, serving over 1,000 students.

"We have the awesome privilege and honor to work with high school students from all over the city," Fisher says. "Every area

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Jackie Fisher is the executive director at Take the Lead Dance Project.
ALL PHOTOS PROVIDED

"Students learn ... merengue, foxtrot, bachata, salsa, swing and tango."

Jackie Fisher

of Philadelphia is represented. North, South, West and Center City."

So why is social dance so important?
According to Fisher, it's a great way for students to find balance in terms of their social and emotional well-being. High school is stressful enough and the tumultuous times we're living in add to that stress.

There are other added benefits, too.
"Social dancing improves cognitive functioning and fosters the social and emotional learning needed for success in other areas of education and life," Fisher says. "Students improve tolerance of others, enhance physical coordination and develop communication skills while learning cooperation and teamwork."

What Fisher likes most about Take the Lead Dance Project is that it inspires confidence in students.

"We feel so honored to do the work we do every day in Philly," she says. "For most high school students, this program will be their first exposure to these forms of dance. We help them receive a well-rounded arts education that is necessary to prepare them for a bright future."

So how can you get involved?
Given that the organization wants to expand to all Philadelphia-area high schools, help is needed. Consider making a donation.

"Every gift matters, whether it's $1 or $10,000," Fisher says. "Many Philadelphia high schools lack the financial resources for arts programming and are forced to eliminate the arts from their curriculum.Support of the Take the Lead Dance Project provides an effective way to make a profound difference in the lives of high school students in Philadelphia."

For more information on Take the Lead Dance Project, visit takethelead danceproject.org.

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The contentious bestie relationship on 'Jessica Jones'

Actress Rachael Taylor doesn't care if you like her on Season 2.

RACHAEL VAUGHAN CLEMMONS
rachael.clemmons@metro.us

This season Trish is all in — helping Jessica confront her personal demons and dealing with her own, too. NETFLIX

If "Parks and Rec" had been a dark, moody drama about superheroes combating the patriarchy, it might look a bit like Marvel's "Jessica Jones," and you'd recognize an "Ann Perkins vs. Leslie Knope" dynamic between Trish and Jessica.

The Netflix series has gained lots of acclaim, and now that the second season has hit it's as good a time as ever to jump in. Metro sat down with Australian actress Rachael Taylor (Trish) for her thoughts.

"I don't think we do ourselves any favors by putting this perfect version of best friends on screen," Taylor says. "It's so much more interesting to show a relationship that has a bunch of different, sometimes dark dynamics going on under the surface."

Talk #MeToo, Time's Up and inclusion riders.
Melissa (Rosenberg, the creator and executive producer of the series) wrote the show two years ago, so I think it really speaks to the fact that she's able to tap in to what's going on in culture in such a meaningful and relevant way. Jessica Jones has really always had the kind of backbone of empowerment and bravery for women.

Jessica Jones has been crowned the superhero of the #MeToo movement, and it fits.
People often ask me if I was a comic book fan before. And when I was growing up, I didn't have a character like Jessica Jones to watch. I'm incredibly proud to be part of a show that puts a female character front and center who is strong and brave and messy and complicated and wounded and damaged. And angry.

Things have certainly improved in terms of exposure, albeit very slowly.
It's important. People need to be able to see themselves represented on screen. Female stories and diversity — it has to be an inclusive environment because the stories that we all have as humans are so rich and so wonderful. If you stick to just telling stories by, like, dudes, then you're missing out on the wealth of incredible emotion and power and ferocity that female stories can really bring to the screen.

Female friendships are really complex, and it's so refreshing to see that on screen.
It's one of my favorite parts of the show. In lots of ways, I think it's kind of the heartbeat of "Jessica Jones." It's not this sanitized version of female friendship. It's complicated and it's messy — and there are shades of jealousy and shades of competition that are in a way, very real.

I love that "Jessica Jones" has female characters that are all very different. They're multifaceted, and the show is all about how they occupy space and how they get agency and all the complications that come with that.

Trish really wants to be seen as a hero.
She wants to be more than what she is. She hates to be vulnerable. She wants power, she wants to take up more space in the world.

"Jessica Jones," Season 2, is now on Netflix.

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Celebrate Pi Day by baking 3.14

Time for pi(e). KATE MOONEY

Pi Day is as much a holiday for the math nerds as it is the baking enthusiasts. What better way to celebrate the ratio of a circle's circumference to its radius by creating your own perfectly round and edible version? Or break the norm and go for a slab instead. Here are a few ideas for yummy pies to bake in honor of 3/14; hell — make 3.14 of them if you want to be super meta, but in that case we'll have to leave the measuring to you.

The Pi Purist

King Arthur Flour Bakery and Baking School in Norwich, Vermont, has a tutorial on its blog that shows you how to make the Pi symbol and the numbers 3, 1, and 4 out of leftover pie dough to decorate any pie for the holiday. Create a paper template of the Pi symbol and the numbers, trace them onto the pie dough, and then cut. Great job!
Find the recipe at blog.kingarthurflour.com

Shepherd's Pie

We're flexing a bit on the circle concept, but in this weather you need comfort food. Shepherd's pie is a top contender for the most feel-good meals ever invented. Meat, mashed potatoes and peas combine into a heaping, hearty dish that's just the dinner you deserve (and leftovers for the next day.) Science-obsessed nerd chef Alton Brown makes the British classic with ground lamb, russet potatoes, corn and English peas. Yum.
Find the recipe at foodnetwork.com

Chocolate Pecan Slab Pie

OK, forget everything we said about the perfect harmony of circles in nature — you should actually make a slab pie instead. Smitten Kitchen's Deb Pereleman believes that sometimes eight wedges of pie is not enough, and you need a whole casserole tray of crusty goodness. Her chocolate pecan slab pie, included in her latest cookbook, includes a recipe for a pie that makes 12 to 18 servings. Her secret: Add a little apple cider vinegar to help balance the gooey sweetness.
Find the recipe in her book and at joythebaker.com

home

Pumpkin Pie with Rum Whipped Cream

Who says you have to wait until Thanksgiving for arguably the best of all pies? This decadent recipe comes to us from Ina Garten, aka Barefoot Contessa, and it's suitable for any occasion, if not the day of Pi. This dessert begins with Garten's perfect pie crust — which combines butter and vegetable shortening. Then it's filled with a mix of pumpkin puree, spices, sugar, eggs and cream. And it's topped with rum, heavy cream and creme fraiche. Ina, thank you. **Find the recipe at barefootcontessa.com**

Pimento Cheese and Tomato Pie

Channel the balmy south with this recipe for tangy pimento cheese and tomato pie. This divine, quiche-like dish uses a cornmeal crust, tomato slices and a rich filling of blended piquillo peppers, cheddar cheese, sweet onion and heavy cream. What nor'easter?
Find the recipe at foodandwine.com

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Temple football all-access: What's

If nothing else, second-year head coach Geoff Collins is very hands-on in practice. EVAN MACY

What's it like to be a college football player? Metro's sports editor got to find out.

EVAN MACY
evan.macy@metro.us

It's easy to watch football on TV and have a vague understanding of how difficult a game it is to play.

The physical specimens that take the field on Saturdays and on Sundays in the fall very obviously train their bodies with great discipline, and being a team sport, there is no secret that a lot of practice is involved in being a competitive football team.

At Temple University, the winners of last year's Gasparilla Bowl, are already back on the field for spring practices under now second-year head coach Geoff Collins — more than five months away from playing a football game in 2018.

Metro was invited to follow along as 120 players reported for the first official practice of the calendar year. Here's what we saw as we experienced a day in the life of a Temple football player:

6:05 a.m.

I met two players outside the practice facility. Here's how it went down.

Player A: "Yo man, I forgot my ID."

Player B: "S***, me too."

Bang Bang Bang.

Buzz.

We walked in.

6:13 a.m.

Most of the team had been working out since before 5:30, but those who were walking in fresh were grabbing a muffin and banana.

6:28 a.m.

In the coaches' conference room, Collins greeted members of the media attending All-Access Day. He then explained an intensive schedule, breaking down drills to the minute, and a brief introduction came from the coach.

"Today hopefully you'll get to see why we love them so much," Collins said of his players, going on to say that the idea for an All-Access Day came during his three weeks off after the Owls' bowl win in December.

32

LAST YEAR'S TEMPLE SENIOR CLASS WON 32 GAMES, MORE THAN ANY CLASS HAS PREVIOUSLY WON IN TEAM HISTORY.

6:48 a.m.

The offense and defense have meetings. In this particular meeting (the offense), Temple OC David Patenaude implores the student-athletes, all wearing cherry and staying attentive, to D.W.W.D.B. (Do what we do better).

"Last year we were just OK," Patenaude tells the offense, which measured as the third best ever to play for the Owls last season.

7:04 a.m.

As the offensive meeting wrapped, I started to understand why coaches were such good motivators. Patenaude spoke about the movie "300" with a quote on a PowerPoint display from the movie "Molon Labe" (which means "come and take them"). The troops were rallied, and I, a 30-year-old out-of-shape sportswriter, was ready to slam into a tackling dummy.

7:12 a.m.

I was assigned to the offensive line team meeting, which began in the same room as the rest of the offense shuffled out. About 20 minutes of film study commenced led by line coach Chris Wiesehan. The linemen were active participants in a discussion of scheme and signals, and I was brought back to my days — also at Temple — in early morning lecture halls as an underclassman.

PRACTICE TIME

The offense beat the defense in Tuesday's tug of war. EVAN MACY

8:40 a.m.

Select players participate in a tug of war at the 50-yardline, surrounded by teammates.

a day in the life of an athlete like?

"We want to create as much chaos as possible, as many transitions as possible, so when the game time comes, we want the game to be easier than the practice. I don't think there was anyone watching the entire practice, they just go and go and go. We maximize the reps our players can get."

Temple head coach Geoff Collins

7:38 a.m.

Special teams coordinator Ed Foley oversaw a meeting about punting drills and schemes to come in practice. He gave what sounded to me like a rousing Jason Kelce impression, once again motivating me to desire to attempt athletic feats impossible for unathletic me. But did make me enthused to watch the Owls cover the 5 and 10s on their coverage scheme.

7:55 a.m.

Before the team broke to practice, Collins showed a "pump up" film with highlights from 2017. Then he called soon-to-be starting quarterback Frank Nutile up front and surprised him as Phillip Walker and Artrel Foster — two stars from last season — presented Nutile with a new number.

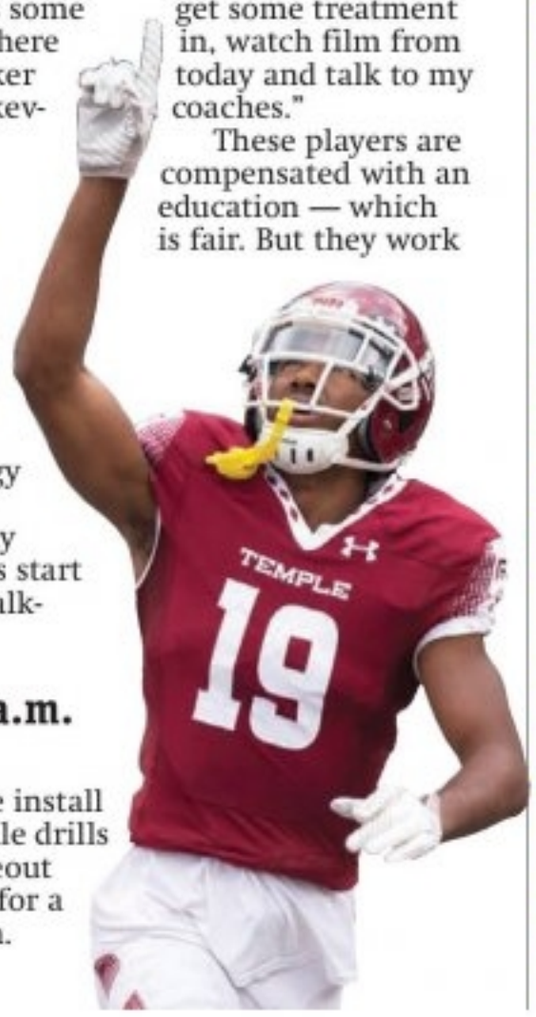
"I had no idea it was a surprise in the team meeting," the senior QB would say later. "It's an honor obviously for anyone to wear a single digit around here. To get to wear No. 8 the same number as some legends around here like Foster, Walker and Tyler [Matakevich], it is great."

8:20 a.m.

After two hours of meetings practice finally starts. The energy is palpable, as is the snow steadily falling as players start stretches and walkthroughs.

9:13 a.m.

During offensive install team drills, Nutile drills sophomore wideout Freddy Johnson for a deep touchdown.



9:33 a.m.

Ventell Bryant shows why he has the makings of a potential NFL receiver, making plays in team drills. In the weight room, as I wandered to warm up from the 35-degree cold, I saw he holds Temple's all-time record for wideouts with a 36-inch vertical.

9:53 a.m.

As practice continues, likebacker Isaiah Graham-Mobley nabs an interception.

10:29 a.m.

Practice finally reaches its climax as players run simultaneous drills down the field. As the 1s reach the 30-yard line, the 2s take over on midfield, then the 3s, then the 4s.

This, as I learned, was just the morning's activities.

"I'm a senior, so I only have three classes," Bryant told me after practice. "My first class is at 2, so I am going to get in there, get some treatment in, watch film from today and talk to my coaches."

These players are compensated with an education — which is fair. But they work hard. They work long hours too. And they do it with a smile and enthusiasm. They work out and practice and study every day — and then they have a full load of college coursework. And a social life. And family.

It's inspiring to see, and makes me really, truly believe these athletes deserve to be treated better than the NCAA allows colleges to treat them.

And it was on March 13. I can only imagine how intense and time-consuming it is to be a college football player come August and September.

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Collan McKeever 56, Mrs. Patricia A Holmes 119, Cookie Schultz 141, Jenieve Bennett 175, M.O.S. Contracting C/O Oneil Barrett 179, Chanel Mccoy 193, Patricia Holmes 302, Sylvia Lee 364, John Kertis 396, Lisa Bullock 418, Jenna Brown 517

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Jerome Estes 5126, Jerry Estes Jr 5072

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Eagles cut Celek, start to benefit from 'title chasers'

The Eagles also are benefitting greatly from Howie Roseman's salary cap creativity.

EVAN MACY
evan.macy@metro.us

The Eagles defensive line continues to get stronger as the Eagles added a wryly veteran Tuesday. GETTY IMAGES

The Eagles' defensive line, as it stood Tuesday afternoon (in the fast changing NFL offseason environment) is an absolute terror.

Fletcher Cox, Timmy Jernigan, the recently traded-for-Michael Bennet and now Haloti Ngata will man the inside, while Brandon Graham, Derek Barnett, Chris Long and Vinny Curry come around the outside.

Ngata is the latest new Eagle to jump on the bandwagon, following rumors Monday that the soon-to-be-cut Ndamukong Suh wanted to join the defending NFL champs.

Tuesday, amid a flurry of offseason announcement from insiders like Ian Rapoport and Adam Schefter, Philadelphia agreed to a one-year deal with the former Lions tackle. Ngata had just two sacks in five games last year, but when healthy, he is a healthy run-stuffer. At 34 years old, he is likely looking to make a run at a Super Bowl.

To make room for Ngata, and for perhaps cornerback Patrick Robinson — with whom the Eagles are reportedly close to retaining — Howie Roseman turned to his best weapon: the calculator.

He and the Birds front office manipulated the contract of offensive tackle Lane Johnson to offset some of his $12.5 million cap hit to just under $5 million. The $7.5 million in savings almost gets the Eagles under the number they need to be under the cap when the new league year starts Wednesday at 4 p.m. It also allows Philly to keep the aforementioned Curry, who was the subject of cut rumors (though he still may be let go or restructured).

The Eagles also made a terribly harsh decision — but one many say is necessary in cutting Brent Celek. The longest tenured Eagle will save the Birds $4 million in cap space. There is still a chance he returns at a much smaller contract, but if not, the Eagles now are in need of a second tight end.

Don't be surprised if a few other Eagles' players help the team move money around — like Jason Peters — so the team can add a few more Ngata-like players as they look to build on last year's depth and injury-versatility.

Two Eagles who will 100 percent definitely not return next season are Beau Allen, who the team is letting go with the Ngata signing, and Trey Burton.

Burton, known now for throwing the "Philly Special" touchdown pass on fourth down in Super Bowl LII, inked a huge deal with the Bears Tuesday. The one-time third tight end in Philly will be paid $32 million over four years when he officially signs with Chicago.

As the Eagles maneuver to create cap space, they are also prowling the trade market and the status of Nick Foles will be the topic of conversation all offseason long. A few teams are off the market for quarterbacks, as Drew Brees signed a two-year, $50 million deal with New Orleans, Case Keenum reportedly agreed to play for the Broncos, and Kirk Cousins agreed to a likely three-year, $84 million deal with Minnesota.

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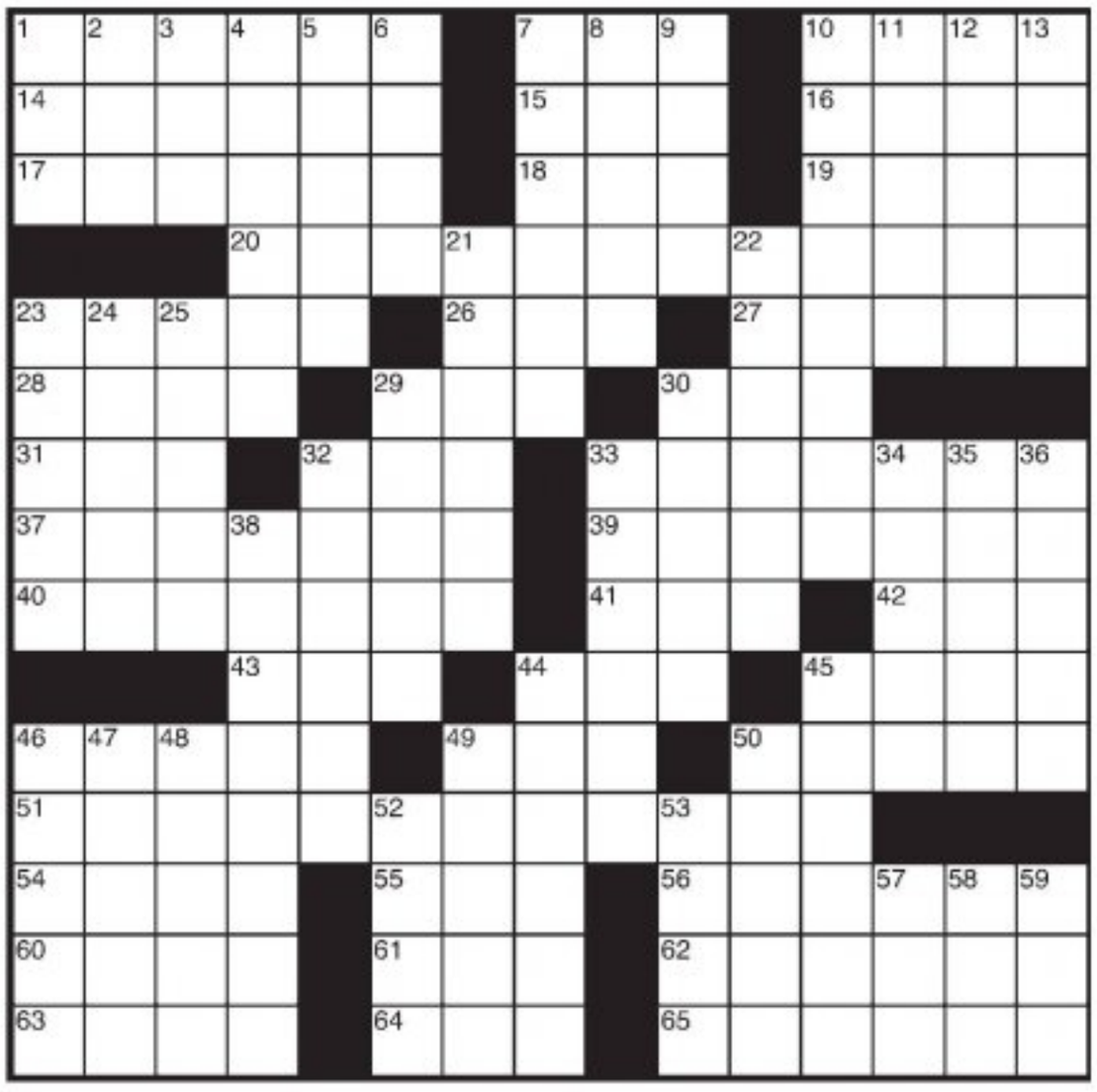
Across

1 Move with a great show of energy
7 Rural elec. provider
10 Without help
14 Parka
15 Sunflower yield
16 Dial
17 Extremely small
18 Heartache
19 Sasquatch cousin
20 Figure incorrectly
23 Food wrap
26 PM units
27 Rural structures
28 Ra's symbol
29 Govt. agent
30 Word play
31 Rain slicker
32 Stage signal
33 In -- (overdue)
37 Painters' tools
39 Loam
40 Opening in the ice (2 wds.)
41 Sets for couch potatoes
42 AAA suggestion
43 Gives the go-ahead
44 -- Paulo, Brazil
45 Footfall
46 Laissez- --
49 Yvette's date
50 B-vitamin source
51 Singerless music
54 Giza's river
55 Falstaff's prince
56 Rich pastry
60 Town near Des Moines
61 Can. province
62 Wine with brandy
63 Have stamina
64 Orders at a restaurant
65 Ump's call

DOWN

1 Comic-book thud
2 Verse lead-in
3 Father's lad
4 Capote
5 High school subject
6 Makes do with
7 Facing
8 Fat fiddles
9 Baldwin of films
10 Horizons
11 Patrick or Ryan
12 Jackpot game
13 Play awards
21 Dairy product
22 Seizes the throne
23 Brazilian dance
24 Video game pioneer
25 Happen again
29 Coal and kerosene
30 BYU locale
32 Snug-fitting necklace
33 Reach
34 Main artery
35 Ceremonies
36 Succumbed to Mr. Sandman
38 Briefest
44 Processes ore
45 Goods provider
46 Newspaper edition
47 True inner self
48 Cays
49 Fridge maker
50 Marina sight
52 Yikes! (hyph.)
53 Thomas Hardy heroine
57 "Exodus" name
58 Tick off
59 Cereal grain



metro.us/sudoku

easy

9			3					
	5		4	6				9
		3				6	7	
		5		1	2		6	
		7	6		9	3		
	6		7	4		1		
	7	2				4		
3				9	7		1	
					4			3

hard

					7	6		8
6		3	9				2	
	7							4
9			1				7	
8		2	6		9	4		1
	4				8			3
3							1	
	2				5	7		9
5		8	7					

metro.us/horoscopes

Aries Put greater emphasis on your relationships and how much each one costs you mentally, emotionally and financially. It's time to rethink what you give and what you get.

Taurus Steer clear of people who tend to overreact or someone trying to goad you into an argument or a dicey situation. You need to focus on getting things done.

Gemini A change of position or friendships is encouraged. Consider what you have been doing, what you want to do and with whom you want to do it, and make changes.

Cancer You'll be forced to make a change to accommodate someone. Don't put up a fuss; just take care of whatever responsibility you are given so you can get to what's important.

Leo A change to the way you do your job or get along with a partner will make a difference to the outcome of a project or joint venture. Transparency will help keep the peace.

Virgo You may not approve of a change someone makes, but showing support and voicing your concerns will have a greater influence than mere disapproval.

Libra A change of plans will add to an adventurous day. Taking short trips or doing things with a friend, colleague, a loved one or children will result in positive change.

Scorpio Situations will get out of hand if you let your emotions take control and allow a fight to break out. Take a positive approach when dealing with others.

Sagittarius Some of your old ideas will work well now. Changes to your home, lifestyle or living situation will encourage greater stability and financial security.

Capricorn Share your ideas and press forward to bring about positive change. Look inward to find out exactly what you need to do to make life-changing improvements.

Aquarius Instead of adding to what you have, consider heading in a minimalistic direction. The less you have to account for, the more free time you will have to enjoy.

Pisces Know your attributes and limitations, and set out in search of the unknown and unexpected. Live your dream and put your creative imagination to work. EUGENIA LAST

Yesterday's answers

U	K	E	S	■	P	E	A	C	H	■	S	W	A	M
L	E	G	O	■	A	L	G	A	E	■	C	A	N	E
N	E	A	R	■	S	L	A	T	E	■	R	I	T	A
A	L	D	E	N	T	E	■	■	D	I	A	L	E	D
■	■	■	■	Y	A	N	G	■	L	O	P	■	■	■
C	I	V	I	L	■	■	P	R	E	C	E	D	E	S
A	M	I	N	O	■	■	S	A	S	■	■	U	M	P
P	A	R	S	N	I	P	■	E	S	S	E	N	C	E
E	G	G	■	■	G	O	A	■	■	T	O	K	E	N
R	E	O	P	E	N	E	D	■	■	O	N	S	E	T
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U	N	R	E	S	T	■	■	H	O	L	D	O	U	T
T	O	O	K	■	I	G	L	O	O	■	U	R	S	A
A	P	S	E	■	O	N	I	O	N	■	S	L	E	D
H	E	A	D	■	N	U	T	T	Y	■	K	Y	R	A

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